

## National Birth Defects Prevention Month

- Each year, nearly 8,000 babies in Michigan are born with a birth defect.
- My name is Janet Olszewski and I am the Director of the Michigan Department of Community Health.
- Nationally, 150,000 babies are born with birth defects each year, making it the leading cause of infant mortality.
- January has been declared Michigan Birth Defects Prevention Month.
- There are easy steps that you can take as you are planning to become pregnant or are already pregnant.
- Taking a daily multivitamin that contains 400 micrograms of folic acid helps ensure a great start.
- Make sure you get your proper immunizations.
- Also, do not drink alcohol or use tobacco while pregnant.
- For more information on birth defects and prevention visit our Web site at [www.michigan.gov/mdch](http://www.michigan.gov/mdch). Keep your baby healthy from the start!